

Training the Passing Attacker
Alberta Volleyball Symposium

A team's success is directly linked to their ability to receive serve and attack. The success of a team's reception is not a product of their best receiver; rather, the product of their worst receiver. With scouting, teams at all levels have the ability to identify the weakest receiver and direct all serves to that person.

Goal: A successful team has to have a solid technical ability to receive serve. Although, most teams now have three identified passers, when an outstanding server is present we often need to go with four. This session will outline some technical elements of reception and how to train an outside passing attacker.

Outline:

- 1/ Swing Hitters vs Traditional Outside Hitters
 - the pass determines the approach pattern
 - the passers position determines the height of the set

- 2/ Starting position on the court
 - how high is too high
 - long serves vs spin and jump float

- 3/ Shots
 - attach to floor
 - attach off block towards side line
 - attach off top of the block
 - over the top

- 4/ Drills
 - two ball, one passer (and Variations)
 - multi ball passing drills (triangle variations)
 - antenna drill
 - situation attacking (3 pass vs transition)
 - decision making (blocker use different system and player identify)
 - 6 on 6 drills to train the hitters
 - wash variations
 - pass a 3 and get 1 blocker
 - pass a 3 to get downball
 - pass a 3 to earn right to serve for a point
 - pass a 3 to rotate and entire 6 rotations in x number of balls
 - coach toss second ball for transition
 - result scoring (2 points for a kill off the block, 1 point for a high rejection, - 2 for a stuff block)